



FAMILY FAVOURITE?
SUMMER QUICHE
WILL BE A BRUNCH
HIT {page 19}

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OF DEL TORO
MASTER OF HORROR IS
A CUDDLY GUY {page 14}



STORM CAUSES SEVERE DAMAGE IN GODERICH

{page 6}



OVER
\$15
IN SAVINGS

SEE PAGE 3



Canadian Forces first to crash

- All four crew members on plane owned by Kanata-based First Air died in crash: Airline
- Nunavut Premier Eva Aariak says government must look into emergency-response times in Far North



JESSICA
SMITH
@METRONEWS.CA

When a plane crashed near Resolute Bay's airport, killing 12 people, there were hundreds of Canadian Forces personnel on-hand to lend assistance to the three survivors.

They were there for Operation Nanook — an arctic-sovereignty mission that was to include a large-scale response to a simulated plane crash, said a Forces spokesperson yesterday.

It was called off in the wake of the actual crash.

"We're dedicating all of our resources to helping here," said Canadian Forces Capt. Clayton Myhill, speaking to Metro from Resolute Bay.

A First Air Boeing 737-200 travelling from Yellowknife to Resolute Bay went down around eight kilometres from the airport on Saturday afternoon.

The simulation, which would have consisted of a mock mid-air collision, had been scheduled for early this morning.

As part of the exercise, an

"immediate response unit" and search-and-rescue team, based in Trenton, Ont., would have been called at 2 a.m. to help survivors at the mock crash. They would have arrived eight hours later.

The response to the real crash happened very fast.

"We were able to very quickly deploy firefighters, helicopters and medical staff to quickly secure the scene and provide assistance to other authorities after the crash itself," said Myhill.

"Through these efforts, and also the assistance of a Canadian Coast Guard helicopter which was in the area, three lives were able to be saved."

A spokesperson for First Air, Chris Ferris, thanked the Canadian military, "whose on-site presence and immediate response was instrumental in the rescue efforts."

Ferris said First Air does not yet know the cause of the crash, but the company is co-operating with the investigation launched by the Transportation Safety Board.

More coverage {page 6}



DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

JESSICA SMITH/METRO

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Watchdog slams city plan to ditch stale email

The City of Ottawa can't be considered accountable and open if it deletes emails that are only 90 days old, government watchdog Duff Conacher says.

A report to be presented today by the city's information and technology subcommittee is recommending Ottawa drop plans to archive email for at least two years due to cost. The report comes despite the city's auditor general complaining in a 2008 report investigations were hampered by the city's email purges.

"If it was in the federal government, it would be illegal to be destroying a document like that because it's part of the access-to-information system," said Conacher, a Democracy Watch board member.

Today's report says the city clerk and solicitor, the Office of the Auditor General and the director of information technology services and chief information officer met and determined there is no legal requirement for extending the email retention period.

"I think they should be keeping their emails for at least a decade, if not longer," said Conacher. He also questioned whether the report exaggerated the estimated \$250,000 to \$1-million cost for building a two-year email archive.

"There are costs to having an open, accountable government and they are worth paying," he said.

JOE LOFARO



► Ottawa's peewee Myers Riders shake hands with the Cambridge Lions after a hard-fought championship game.

Riders edged out in championship match

► Ottawa's peewee Myers Riders lose 28-21 to Cambridge Lions in 2011 Ontario Varsity Football League finals ► Junior team also falls short



JOE LOFARO
@METRONEWS.CA

Ottawa's peewee Myers Riders football team went on the field with a "live by the sword, die by the sword" mentality for the 2011 Ontario Varsity Football League Bantam Provincial Championship.

But it wasn't quite enough.

The young team lost against the Cambridge Lions 28-21 after what Riders head coach Ralph Siciliano called a "well-fought, well-officiated" final match at the Rogers Centre in Toronto on Saturday.

"We were a real throw-

ing team and had a few interceptions that put us in a bind," said Siciliano.

Siciliano said they had a lead at half-time, but they ended up on the short end of the stick at the blow of the final whistle.

The players took the loss very well, he said, and after the game they

watched the junior Riders team play against the Mississauga Warriors.

Unfortunately, the Junior Myers Riders lost 21-7.

"They need that extra level of effort to win that championship, so we'll reconvene in January and do it all over again and have some more fun," said Siciliano.

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A Canadian citizen gets a rude surprise after attempting to sponsor his parents to Canada. Guidy Mamann has more at metronews.ca/immigration

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Gadhafi forces collapse

► After six months of civil-war deadlock, rebels advanced more than 20 miles to Tripoli ► Attacks were launched in co-ordination with NATO

Battle Briefing

- Uprising against Gadhafi broke out in mid-February, and anti-regime protests quickly spread across the vast desert nation.
- Brutal regime crackdown transformed the protests into an armed rebellion.
- Rebels seized Libya's east, setting up an internationally recognized government, and two pockets in the west, the port city of Misrata and the Nafusa mountain range.
- Green Square has been the site of night rallies by Gadhafi supporters.
- From the beginning of August, thousands of rebel fighters joined an offensive launched from the mountains towards the coast.

Libyan rebels raced into Tripoli in a lightning advance yesterday that met little resistance as Moammar Gadhafi's defenders melted away and his 40-year rule appeared to rapidly crumble. The euphoric fighters celebrated with Tripoli residents.

Opposition fighters captured Gadhafi's son and one-time heir apparent, Seif al-Islam. The prosecutor at the International Criminal Court in the Netherlands

said he would contact the rebels to discuss his handing over for trial on charges of crimes against humanity.

The rebels easily advanced from the west, took town after town, overwhelmed a major military base, then swept into the capital in a stunning turning of the tide.

The fighters and supportive residents flooded Green Square, shooting in the air in celebration, clapping and waving the rebels'

tri-colour flag. Some set fire to the green flag of Gadhafi's regime and shot holes in a poster with his image.

Gadhafi's whereabouts yesterday were unknown. But he delivered a series of angry and defiant audio messages broadcast on state television, calling on his supporters to march in the streets of the capital and "purify it" from "the rats." He was not shown in the messages.

THE ASSOCIATED PRESS

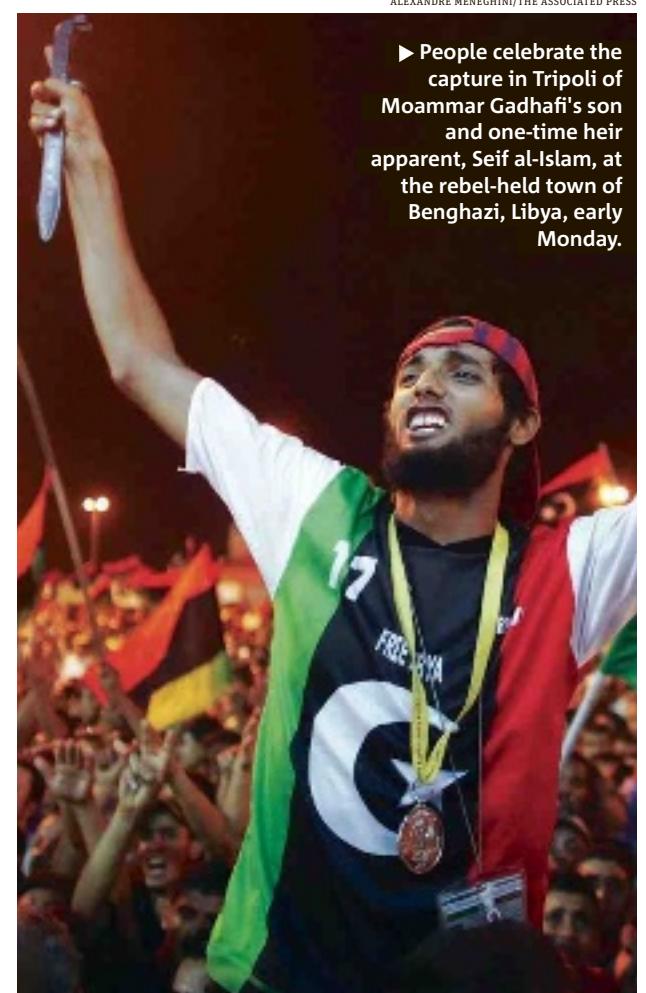
Ruler's reign never failed to fascinate

Moammar Gadhafi is the Arab world's longest-ruling, most erratic, fascinating leader — presiding for 42 years over this North African desert republic with vast oil reserves and just six million people.

He was an international pariah blamed for the 1988 bombing of a Pan Am jet over Scotland, which killed 270 people. After years of denial, Libya acknowledged responsibility and agreed to pay up to \$10 mil-

lion to victims' relatives.

That eased him back into the international community. But, in February, Gadhafi gave a televised speech that fueled the armed rebellion against him. THE ASSOCIATED PRESS



► People celebrate the capture in Tripoli of Moammar Gadhafi's son and one-time heir apparent, Seif al-Islam, at the rebel-held town of Benghazi, Libya, early Monday.



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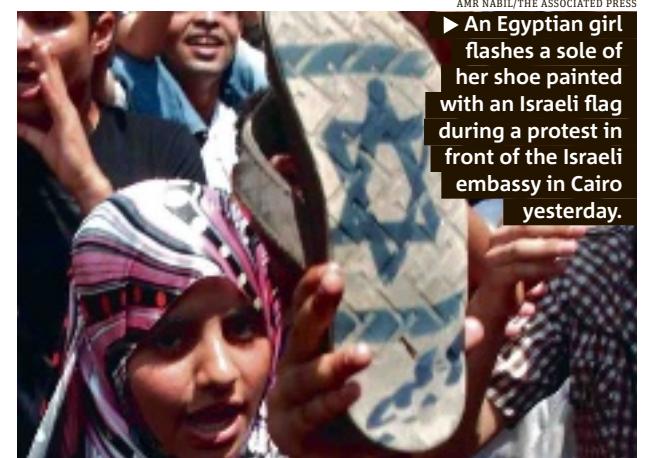
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Ceasefire threatened by recent violence

Gaza militants agreed to a ceasefire with Israel to stop spiking violence, a Hamas official said yesterday, after a deadly attack on Israelis near the Egypt-Israel border set off a three-day round of Israeli airstrikes and rocket barrages from Gaza.

The flareup also threatened Israel-Egypt relations, after Egypt said five of its policemen were killed by Israeli fire. Thousands demonstrated in Cairo, and Israel apologized.

Hamas security personnel will enforce the agreement brokered by Egypt, an official said. He said Egypt told the groups that Israel would agree to halt its



► An Egyptian girl flashes a sole of her shoe painted with an Israeli flag during a protest in front of the Israeli embassy in Cairo yesterday.

airstrikes only if the Palestinians stopped the rocket fire first. A spokesman for Israel's government would

not comment, and it was not clear if the ceasefire would take effect or hold. THE ASSOCIATED PRESS

Protests fall to back burner

A deadly ambush that killed eight Israelis, and subsequent Israeli airstrikes and rocket barrages from Gaza, have abruptly shifted the coun-

try's attention away from the economic protests that were coalescing into a serious threat to the government. With cities in southern Israel under fire, organizers called off plans Saturday for a mass protest.

Stav Shaffir, a protest movement leader, insisted the attacks would not derail the protests. "We have to

"The rockets are a short-term danger ... Disintegration of society is a long-term threat."

STAV SHAFFIR, A PROTEST LEADER

keep going. We can't let the security situation erode us from within."

THE ASSOCIATED PRESS

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Tornado kills man

► Police block traffic from entering downtown core in Goderich, Ont.

A powerful tornado that swept through the southwestern Ontario town of Goderich yesterday killed one person and caused severe devastation in the picturesque community.

Downtown businesses, century-old buildings and several churches lost their roofs and upper floors as the twister ripped through Goderich.

Images show downed power lines, trees and debris strewn across streets.

Police identified the victim as Norman Laberge, 61, of Lucknow, Ont., who was working in a salt mine in Goderich when the storm hit.

An Environment Canada damage survey team concluded the town was hit by a tornado based on an assessment it did of the damage.

THE CANADIAN PRESS



First Air: Cause of crash unknown

The owner of a jet that crashed into a hillside near the remote High Arctic community of Resolute said yesterday it doesn't know why the 737 went down, killing 12 and injuring three.

"At this time, the cause of the accident is unknown," said First Air spokesman Christopher Ferris, his voice near breaking.

"Our thoughts and focus are with the families and friends of the passengers and crew and the community."

Hamlet residents and soldiers from nearby military exercises rushed to the scene of the crash Saturday afternoon in a desperate effort to try to pull survivors from the flames.

RCMP Const. Angélique Dignard said two of the three survivors — a seven-year-old girl and a 48-year-old man — have been sent to Ottawa General Hospital.

The plane was a chartered flight, travelling from Yellowknife to Resolute.

THE CANADIAN PRESS

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Police arrest dozens of pipeline protesters

► Activists say pipeline is disaster waiting to happen

A Canadian woman was among as many as 50 environmental activists handcuffed and taken to jail yesterday on the second day of peaceful White House protests against TransCanada's controversial Keystone XL pipeline.

Dozens were already arrested outside the White House on Saturday, the opening day of a two-week civil-disobedience campaign. They're expected to be released tonight.

By noon yesterday, police began arresting more demonstrators, including Patricia Warwick, 68, of Toronto and a 65-year-old woman from Massachusetts, who was celebrating her birthday.

The activists are facing charges of failing to obey an order governing protests on the sidewalk, said an of-

ficial with the U.S. Park Police.

Officials for Tars Sands Action, the group that has organized the two-week campaign, say police originally assured them protesters would be released after being warned. Instead, they have been charged and held in jail for two nights.

U.S. President Barack Obama will decide by the end of the year whether to allow Calgary-based TransCanada to build the con-

troversial, \$7 billion US pipeline. It would transport millions of barrels of Alberta oilsands crude a week through the U.S. heartland and to Gulf Coast refineries.

Opponents say Keystone is a dangerous proposition, pointing to a number of recent spills along pipelines, and oppose Alberta's oilsands due to their high greenhouse gas emissions. Advocates say the pipeline will create thousands of U.S. jobs. **THE CANADIAN PRESS**

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Abdicating. King



► Burger King CEO John W. Chidsey, background centre, watches as The King, the chain's mascot, arrives at the New York Stock Exchange in 2006.

RICHARD DREW/THE ASSOCIATED PRESS FILE

Burger mascot to hang up crown

Burger King's soon-to-be-retired mascot has been around for years, but recently has become a more prevalent and somewhat creepy presence in ads. The fast food company, which has suffered declining sales, is rolling out a new advertising campaign, sans The King, that will focus on its burgers.

Volkswagen gives small car thumbs 'up!'

Volkswagen AG is launch-

ing a new small car — the up! — in Europe in December.

The automaker says the up! — which will come in three versions — will be

"one of the smallest four-seat cars," at 3.5-metres long. It will be powered by a one-litre gas engine, with a natural gas version to follow. **THE ASSOCIATED PRESS**

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STEVE COLLINS
METRO OTTAWA



As they faced continued opposition to the new stadium and associated development at Lansdowne Park, city council last week suggested a pretty unsporting solution.

The prospect of a legal appeal from Friends of Lansdowne, who failed last month in their court challenge of the city's sole-sourced deal with the Ottawa Sports Entertainment Group, had some councillors suggesting a little financial pressure might cut down on such civic impudence.

The city has a policy against trying to recover its legal costs from citizen groups who sue it unless the court actions are "frivolous and vexatious," or, in lay terms, time-wasting bull. Why not revise that policy, suggested

some, and treat legitimate legal challenges in the same bare-knuckled fashion?

The city spent some \$1.2 million defending the court case, and trying to recover those costs from the less-than-flush Friends of Lansdowne could discourage further argument.

To Ian Lee, an FOL member and Carleton prof, holding out the possibility of sticking unsuccessful litigants with the city's legal costs is bullying, plain and simple. "For them now to engage in these threats is, I think, an abuse of power because they are trying to intimidate supporters and followers of FOL," he said.

Lee also provided a little historical perspective on how activists have used the courts to win important advances on civil rights, abortion and gay marriage. Sometimes governments have been wrong, and sometimes it takes legal action to prove it.

Until recently, Lee pointed out, the federal government even subsidized its opponents in equality-rights cases through the Court Challenges Program. The Harper government, not known as being immoderately fond of dissent, cut funding to the program in 2006. Something of this attitude may now be filtering down to our municipal government.

Those advocating the legal-cost-recovery scheme spoke of protecting taxpayers, but whose best interests are really served by sending a message that you can only fight city hall if you have a sufficiently hefty bankroll?

That message also isn't seemingly being received as intended. Lee is already musing about taking the Lansdowne challenge to the Supreme Court and contacting the Canadian Civil Liberties Association: "They've had ample experience suing governments, and I want to see what information they have when governments try to use costs as a punitive tool to suppress a lawsuit."

Overall, there are likely smarter ways to answer your critics than simply trying to make criticism unaffordable.

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Those advocating the legal-cost-recovery scheme spoke of protecting taxpayers, but whose best interests are really served by sending a message that you can only fight city hall if you have a sufficiently hefty bankroll?

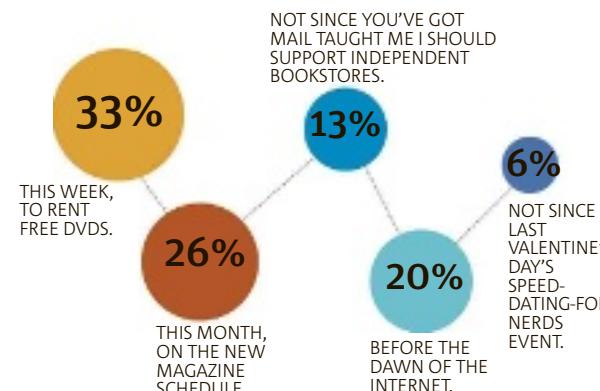
That message also isn't seemingly being received as intended. Lee is already musing about taking the Lansdowne challenge to the Supreme Court and contacting the Canadian Civil Liberties Association: "They've had ample experience suing governments, and I want to see what information they have when governments try to use costs as a punitive tool to suppress a lawsuit."

Overall, there are likely smarter ways to answer your critics than simply trying to make criticism unaffordable.



Register at metropolitanpanel.ca and take the quick poll

When was the last time you visited a library?



Letters

HUDAK. I was outraged and embarrassed when the talk of the day for the provincial election was whether one of the candidates had used marijuana in his childhood.

I was hoping none of the world media would catch this useless conversation, which shows how pathetic our political status has become. Who will benefit from this kind of useless information? Are we going next to question the candidates whether they have ever urinated on themselves?

This shows how pathetic we have become. It is sad to hear this kind of conversation in an election at a time when we have so many issues to tackle in our country or in our global village. There are outstanding issues that deserve our attention, whether it is the ailing health-care system, famine in Africa and elsewhere, political unrest, the mass killings that are happening in the Middle East and many other things.

If the world community watches this, they will see us as pathetic humans who have lost their sense of direction.

ABUBAKAR N. KASIM
TORONTO

Local tweets



► @stepc:

Time to leave Ottawa. Vancouver's weather has found me all the way out here...

► @Aegeandiker:

What's wrong ottawa, why you cryin so much?

► @TheLilTicket:

#ICanHonestlySay that the weather in Ottawa is bipolar

► @MindlessKiid:

#ICanHonestlySay it's been raining ever since Ramadan started in ottawa.

Cartoon by Michael de Adder



WEIRD NEWS

Rebel-lious festivalgoers hit look-alike

A British comedian says he was attacked with a bottle at the Edinburgh Fringe Festival while dressed as Moammar Gadhafi.

Jeff Mirza was handing out flyers on the street for his show, dressed as the embattled Libyan leader,



► Libyan leader Moammar Gadhafi

PIER PAOLO CITO/THE ASSOCIATED PRESS

when a man approached and asked for a cigarette. Mirza said he shook his head and the man walked on, but when Mirza turned around he was hit on the back of the head with a bottle. He was not seriously hurt.

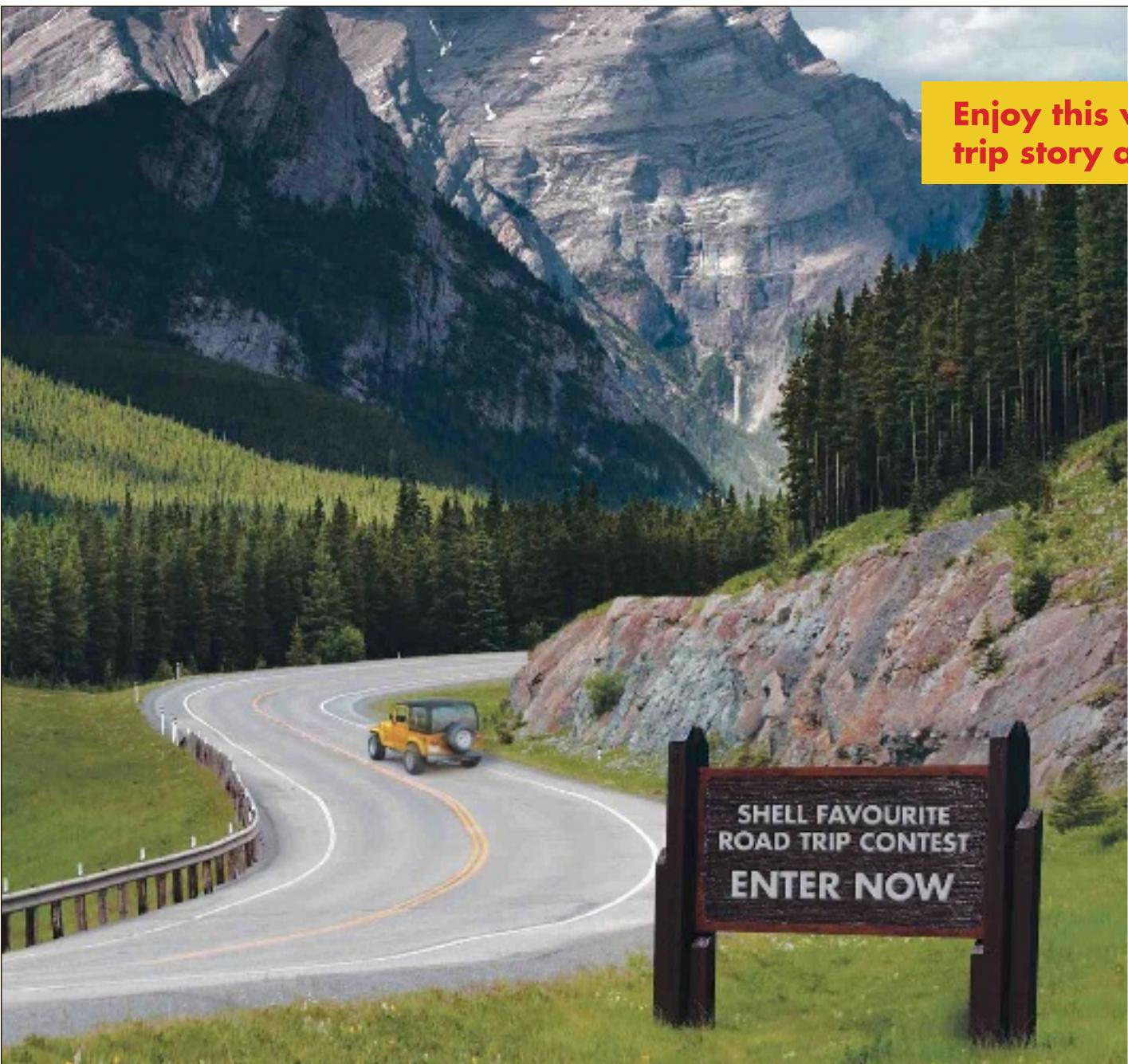
Mirza is at the annual festival with his show Jihad: Heresy or Hearsay.

The comedian said yesterday that most festivalgoers had been welcoming. He said "most people at the

Fringe get the joke of me being dressed up as a washed-up dictator trying to sell the show."

Police say they do not believe the attack was racially motivated.

THE ASSOCIATED PRESS



Enjoy this winning favourite road trip story and then get writing!

When my kids and my sisters' kids were young, we went on a road trip from Ottawa to visit our parents at their cottage in New Brunswick. We were 3 families with 9 kids under 12, travelling in 3 minivans. As you can imagine, with 9 kids, we would have to take frequent washroom breaks. So that we didn't get separated, the van needing the break would pull up beside the other vans, with one of the kids holding up a sign in the window. The sign read "P NOW" or "P SOON". One meant that we had to stop at the next gas station, no matter what condition it was in, and the other meant we could look for the next clean gas station (must have been Shell stations), and we would meet there. The kids traded vans like musical chairs at every stop, so we made sure to take roll call before leaving each stop. It took 2 days to reach our destination. With 17 people in a tiny 2-bedroom cottage, people were sleeping anywhere there was empty space. My husband and I ended up sleeping in a closet. The weather was perfect the whole week, the ocean was lovely, and the kids had such fun together. All of our kids are adults now and to this day they all speak fondly of our convoy to New Brunswick.

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Colombia.....from 3.9¢/min	Mexico.....from 1.9¢/min		U.A.E.....14.9¢/min	
Cuba.....89.9¢/min	Pakistan.....5.9¢/min		U.K.....2.9¢/min	
El Salvador.....9.9¢/min	Philippines.....11.9¢/min		Vietnam.....4.9¢/min	
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2

scene

Box office



The Help continues to clean up at the box office, taking over the No. 1 spot with \$20.5 million in its second weekend. The drama about Southern black maids had debuted in second-place a week earlier. The Help raised its domestic total to \$71.8 million and bumped Rise of the Planet of the Apes, which slipped to No. 2 with \$16.3 million after two weekends at the top.

A rush of new movies had weak openings: the family sequel Spy Kids: All the Time in the World at No. 3 with \$12 million; the action remake Conan the Barbarian at No. 4 with \$10 million; the horror remake Fright Night at No. 5 with \$8.3 million; and the literary adaptation One Day at No. 9 with \$5.1 million.

THE ASSOCIATED PRESS



Apes' actress, model, Estella Warren, ordered to rehab after pleading guilty in drunk driving case.

His grotesque love affair

► Hard work and horror drive Guillermo del Toro ► Filmmaker seeks the extraordinary in the ordinary



HANDOUT

► Film writer and producer Guillermo del Toro, seen here with Don't Be Afraid of the Dark star Bailee Madison, has loved the horror genre since childhood.



RICHARD CROUSE
SCENE@METRONEWS.CA

Guillermo del Toro may be the world's cuddliest boogeyman. When I enter the hotel room to interview the forty-seven year old producer of Don't Be Afraid of the Dark, he stands up and hugs me. Not exactly what you anticipate from the master of horror.

But then again, surprises are his stock in trade. From the eerie Pale Man character in Pan's Labyrinth to the deadly mechanical scarab of Cronos, he has trained

viewers to expect the unexpected from his films.

A career spent scaring the pants off people has given the director some insight on why we like to be terrified at the movies.

"We try to look for the extraordinary in our ordinary lives," he says. "That's just the normal way we behave as spiritual beings. And horror movies allow us to live extraordinary experiences without having to go through extraordinary risk."

"I have a harder time understanding reality shows than I have a hard time un-

"The scariest thing about these creatures in the movie is that they are intelligent. They strategize. They literally find ways to get the upper hand against the humans"

DEL TORO ON THE MONSTERS IN DON'T BE AFRAID OF THE DARK

derstanding genre films. Because genre films give you something you don't get in real life. Reality shows give you people you would normally never talk to in real life. Why are you interested in watching them?"

Not that the self-described workaholic has much time to watch reality TV. When he's not execu-

tive producing Oscar nominated movies like Biutiful he's writing the much anticipated Lord of the Rings film The Hobbit: An Unexpected Journey, or working on a new novel with his co-writer Chuck Hogan. Add to that the alien attack movie Pacific Rim which he'll spend the next year filming in Toronto and you have

one of the busiest men in the business.

"Hard work is pleasure for me," he says, adding that luckily, "I have been surrounded by a system of enabling family and I submerge myself in my work."

A horror fan since childhood, ("I read Salem's Lot in one sitting," he says. "Eleven hours from eight a.m. to seven p.m. outside in the pool. I had a second degree burn because of that!"), he has simple criteria for the projects he accepts.

"You should only get involved in things you love irrationally," he says.

K'naan visits famine-hit homeland

► Somali-Canadian rapper pledges to donate what he can to help with Somalian crisis

Rapper K'naan on Sunday brought his waving flag back home to Somalia to help people as they struggle with a devastating famine that has killed tens of thousands of children.

The rapper, who left Somalia as a child more than two decades ago to settle in Canada, made a brief visit to Mogadishu. He was mobbed by famine refugees who tried to shake his hand or hug him as he toured Mogadishu's Banadir Hospital and met with malnourished children.

"I came to Somalia to see the situation here and give any donation I have to

the people and anything else available," he said, speaking in Somali. "I will do all I can to help my people in Somalia."

He did not perform his hit song Wavin' Flag, which tells of the difficulties he faced growing up in the lawless, impoverished Horn of Africa country. A version of that song was used for a Coca-Cola campaign when South Africa hosted the 2010 World Cup.

The United Nations says more than 3.2 million Somalis need food aid. The United States says 29,000 Somali children under age five have died.

The UN says tens of thousands of people already have died in Somalia, Kenya, Ethiopia and Djibouti and has warned that the famine hasn't peaked. More than 12 million people in the region need food aid, according to the UN. Somalia has been hit hardest because of a confluence of conflict and climate change.

Decades of violence in Somalia has left population vulnerable to the vagaries of weather changes.

Islamist insurgents are also attempting to overthrow Somalia's weak UN-backed government. The



► K'naan visited Somalia's capital Mogadishu on Sunday.

most dangerous among the groups is the al-Qaida-linked al-Shabab, which has barred aid agencies from operating in the territories it controls in southern Somalia.

THE ASSOCIATED PRESS



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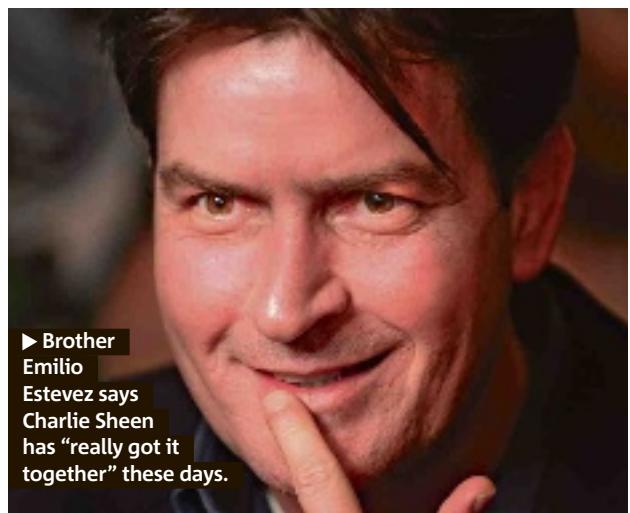
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► Brother Emilio Estevez says Charlie Sheen has "really got it together" these days.

Charlie Sheen version 2.0?

Charlie Sheen is ready for his comeback, at least as far as his brother Emilio Estevez is concerned.

"He's a different guy. He's a completely different guy. He's got his voice back. And I think he's got his focus," Estevez tells Access Hollywood about

the troubled former Two and a Half Men star.

"He's on a new show and he's going to be roasted by Comedy Central — which I think is going to be hysterical. I think that he's really got it together."

• METRO

Lilo struggles to reboot her career

- Star passed over for movie role
- Director reluctant to work with Lindsay given her negative rep

It's more work-related bad news for Lindsay Lohan, who reportedly lost out on a role in Magic Mike, a film loosely based on Channing Tatum's time as a stripper, according to E! Online.

"The character is trouble with a capital T, which

Lindsay would have been perfect for," a source says.

But director Steven Soderbergh didn't agree, so he cast Riley Keough in the role instead.

"He didn't want to deal with all that. Nobody wanted to go there," the source adds. • METRO



► Lindsay Lohan

Celebrity tweets



"Hang out with a cat-suited Jane Fonda? Check. #bucketlist" @ElizabethBanks

@therealzooeyd



"working 16 hour days gives me an amazing excuse to act like an old person. yay."



@JerrySeinfeld
"I am not a vegetarian, by the way. If anyone saw that."



@pattonoswalt
"Ate 1/2 bag of Veggie Booty 2 hours ago, threw it away in disgust. Dug it out of trash just now. Watching a-ha vids on YouTube. I suck."



Grandpa clearly saw the benefit.

WAIT TIMES FOR CATARACT SURGERY SHORTER BY 193 DAYS.

Source: Ministry of Health and Long Term Care, March 2011.

Madeleine Meilleur, MPP

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Tie the knot on a budget

► With Kim Kardashian's wedding nuptials to Kris Humphries rumoured to be in the millions of dollars, we take a look at wedding planning for those of us with thinner wallets

Decades of brides have walked down the aisle sporting something old, something new, something borrowed or something blue. Jessica Kavanagh's clients can also boast something black — the bottom line of their wedding day budget.

Kavanagh, 23, may have had to spend hours walking the bride through second-hand stores in search of the perfect dress and likely devoted days to arranging the nuptial flowers by hand to keep costs down, but believes the time is always well-spent.

Creating a big day on a small budget is a key focus of her Toronto event planning business, J. Kavanagh Events, and weddings are no exception. If anything, Kavanagh says, a marriage celebration represents an ideal time to exercise fiscal restraint. "Yes, this is your wedding and it's so exciting and a big life moment, but this is like the pregame show to the marriage. It's only one day," Kavanagh said. "It's just a celebration, not the be-all-end-all of your life."

The first thing Kavanagh needs to adjust is not the price of the entire event but the expectations of the couple tying the



knot, she said.

She urges couples to look beyond traditional wedding vendors and time-honoured venues, saying conventional thinking can often lead to a dizzying price-tag.

Kavanagh's advice struck a chord with Alison MacKenzie, whose budget for her October wedding threatened to spiral out of control without some timely intervention.

She and her fiance were willing to shell out for their wedding attire, their rings and an open bar reception, but felt the rest of needed a thriftier touch.

Their decision to serve cocktails and appetizers instead of a sit-down dinner went a long way to keeping costs down, MacKenzie said, adding Kavanagh stepped in with other suggestions.

"Jessica was great about warming me up to the idea of doing our own flowers," she said. "You don't have to spend 50 to 100 bucks for centrepieces. We'll have flowers throughout the venue, but we'll do

"People won't remember you for your wedding, but they probably will remember if you're a great couple."

JESSICA KAVANAGH, WEDDING PLANNER

those ourselves."

MacKenzie's guests will mingle at the reception in the glow of cost-effective candlelight and munch on cupcakes instead of a traditional, pricier wedding cake. They won't leave bearing a conventional wedding favour, but will learn that a donation has been made in their name to a charity that matters to the couple.

MacKenzie said these decisions will allow her and her fiance to celebrate their big day with a clear conscience. "We didn't want to be saddled with a huge Visa bill or debt at the end of it," she said. "That's a great way to start your marriage, 'Let's talk about a repayment plan.'"

THE CANADIAN PRESS

Trim the fat

Here's some ways to save.

► Invites

Digital printing outlets offer a cheaper way to print wedding invites.

► Wedding dress

Visit a second-hand store for the dress, says Darsi Pizzalato. "Any item being used on the wedding day is being used for 12 hours. Unless she's doused a bottle of wine on her, the dress is still new."

► Accessories

Websites like Esty.com offer brides an affordable place for accessories.

► Flowers

Bouquets used for the ceremony can be reused as centrepieces at the reception.

Finding savings can be easy

Cost-cutting opportunities can be found in nearly every aspect of the wedding planning process, experts agree, adding there is one notable exception. Darsi Pizzalato, co-founder of FrugalBride.com, said couples who opt for a traditional marriage ceremony must be prepared to pay for the cost of venues, officiates and musicians. Savings can be found nearly everywhere else, she said, adding the

Internet offers plenty of bargains.

Such strategies find favour beyond the budget-conscious crowd, she said, adding they also resonate with the growing number of couples who wish to lessen the environmental impact of their big day.

Wedding co-ordinator Jessica Kavanagh said sound priorities, savvy choices and attention to detail can result in a fiscally responsible wedding that enriches everyone — except, of course, the budget wedding planner.

"It's not advantageous for me to urge people to cut corners because you get paid a percentage of the total cost, but my philosophy doesn't change whether you have \$10,000 or a million dollars," she said.

3
life

A new study shows



... bed sharing, in which your baby sleeps next to you, doesn't necessarily result in developmental issues, according to a report from the Teachers College of Columbia University in New York City. Although the American Academy of Pediatrics warns against the practice, the 944 kids — ages one through five — studied by lead researcher R. Gabriela Barajas indicated there was no risk. Parents of newborns, however, are still left with conflicting information from all sides. □ MWN



Organic purees for babies: Tasty for little ones, handy for parents.

Bucks for books

► The cost of earning a post-secondary education can quickly add up ► Explore your financing options now

The majority of Canadian students are stressed or anxious about having enough money to pay for school, according to a recent TD Canada Trust Education and Finances Survey.

"For university and college students living away from home, the annual cost of pursuing an undergraduate degree is approximately \$20,000. If you're a student and haven't managed to put enough away, there are options available to you so you can focus on your studies without worrying about how you are going to pay for school," says Raymond Chun, Senior Vice President of TD Canada Trust.

Chun offers his advice to students on how to fund

their post-secondary education.

Explore your financial options

Investigate what scholarships, bursaries and loans you qualify for. Remember to think outside the box and check if there are any local businesses or associations in your local community that offer help. For example, the TD Scholarship for Community Leadership rewards students who have shown leadership in their local community with up to \$70,000 towards their post-secondary education.

Get a student line of credit

A student line of credit from your bank can be a smart way to ensure you have access to money for

things like books, tuition and rent at a lower interest rate than a loan or credit cards

Set a budget

First list the money you have coming in such as money from scholarships, work, family and student loans. Then calculate your expenses like tuition fees, books and rent. Subtract your estimated expenses from the money you have coming in. If you have a negative balance you need to rethink your spending or look for alternative financing options for school.

Roll up your sleeves

Working part-time while you study will give you invaluable experience and



► Think you'll only be able to afford post-secondary when pigs fly?
Don't give up before tapping every resource available.

help put more money in your pocket. Universities and colleges have career centres equipped with resources to help students find work. A quick Internet search will also unveil

useful tips and advice for job interviews.

Make your money work for you

You work hard to save money for school, so put

your money to work for you. Set up a preauthorized transfer to a tax free savings account to take advantage of compounding interest and tax-free growth. **NEWS CANADA**

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A summertime quiche

► Cheese quiche with onions, red peppers & turkey will be a brunch hit



► This recipe will serve six.

Using a few pantry staples like cream and eggs, this quiche can be whipped up for a patio brunch and will quickly become a family favourite.

Aged cheddar cheese adds a zip of flavour to turkey while the green onions and roasted red peppers add colour and texture.

Preparation:

- 1** Preheat oven to 190 C (375 F).
- 2** Sprinkle the cheese in the bottom of a pie shell. Add turkey, roasted red pepper and green onions; using fork, toss gently to combine and spread evenly.
- 3** In a medium bowl, whisk together cream and flour. Add eggs and salt and whisk until

Ingredients:

- 1 unbaked frozen deep-dish pie shell (23 cm/9 inches), thawed
- 250 ml (1 cup) shredded 5-year-old cheddar cheese
- 250 ml (1 cup) diced cooked turkey or chicken

everything is well combined. Slowly pour over cheese mixture, using fork to allow cream mixture to fill pie shell evenly. Bake the quiche on bottom rack for about 45 minutes or until top is golden, edges puff and knife inserted in centre comes out clean. Let cool for 10 minutes before cutting into wedges.

THE CANADIAN PRESS/Dairy Farmers of Canada

Chef Bobby Flay's asparagus creation

This chopped salad with asparagus and Meyer lemon dressing comes from Chef Bobby Flay's upcoming cookbook, *Bobby Flay's Bar Americain Cookbook*. "I wanted contrast of taste and texture," he says. "Smoky asparagus, sharp aged cheddar cheese, briny olives, creamy chickpeas and crispy bits of fried pita bread dressed lightly in the slightly sweet, slightly tart Meyer lemon dressing makes for a plate of perfect bites."

Preparation:

- 1** Dressing: In bowl, whisk lemon zest and juice, vinegar, mayo, mustard and honey. Season with salt and pepper. Whisk in oil until emulsified.
- 2** Salad: In saucepan over medium, heat 500 ml (2 cups) of the canola oil. Fry pita strips, in batches, until golden brown and crisp, turning once, about 1 minute. Use a slotted spoon to transfer

to a plate lined with paper towels. Season with salt and pepper.

- 3** Heat grill to high. Brush asparagus with remaining 30 ml (2 tbsp) of oil and season with salt and pepper. Grill, turning once, until crisp-tender, 4 to 6 minutes. Transfer to a cutting board and cut on the bias into 2.5-cm (1-inch) pieces.

THE ASSOCIATED PRESS

Ingredients:

Dressing

- 2 ml (1/2 tsp) finely grated lemon zest
- 50 ml (1/4 cup) fresh Meyer lemon juice
- 15 ml (1 tbsp) red wine vinegar
- 30 ml (2 tbsp) mayonnaise
- 15 ml (1 tbsp) whole-grain mustard (heaping)
- 10 ml (2 tsp) honey
- salt and black pepper
- 125 ml (1/2 cup) olive oil

Salad

- 500 ml (2 cups) plus 30 ml (2 tbsp) canola oil

- 4** In bowl, combine mesclun, tomatoes, cheese, cucumber, olives, chickpeas and asparagus. Add half of the dressing, season with salt and pepper, then toss well to coat. Divide salad among large dinner plates. Drizzle with more of the dressing and top with pita chips.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

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Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



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Rose Reisman's Swap It

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Taking a peek at your posts

► It's easier than ever to monitor what an employee are doing online ► But will doing so land the looker in trouble?

While governments and courts grapple with what online activities are and are not private, new programs have emerged to make it easy for bosses to keep tabs on everything from Facebook comments to pubs that workers have visited and noted on Foursquare.

"This is a radically evolving area of law right now," says Brian Bowman, a Winnipeg lawyer with Pitblado Law who specializes in privacy issues.

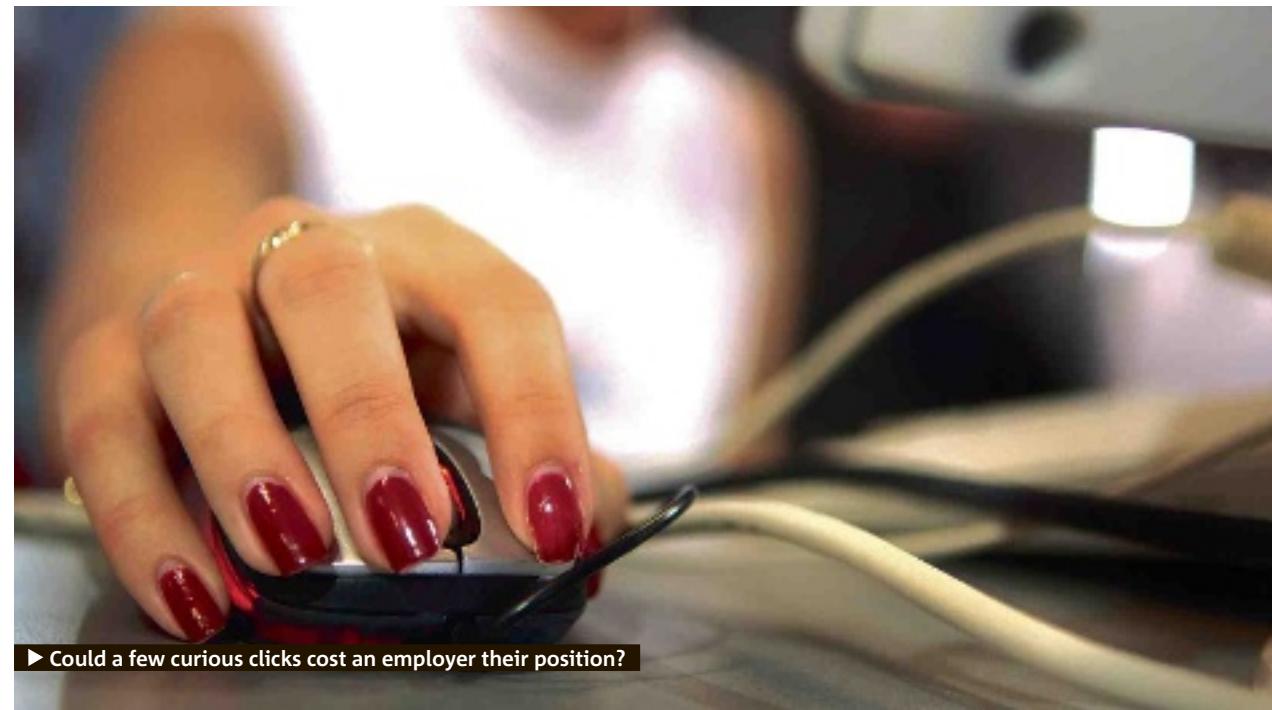
"What is public and what is private is the moving target right now."

Companies don't even need to have their own staff comb social media sites for employees' activities. There are programs that will do it for them - gathering posts as they are made and feeding it to the employer.

Social Sentry, a tracking system offered by California-based Social Logix, records and archives social media activities by employees from any location — at work, at home or anywhere else.

The company says it's not just looking for workers who might leak sensitive data or waste work time on Twitter. The program is also aimed at protecting the company's reputation and dealing with the broadly worded category of "HR issues."

A similar snooping service is pitched to university sports teams by Vermont-based UDiligence. The company says it can monitor



► Could a few curious clicks cost an employer their position?

**This is a radically evolving area of law right now.
What is public and what is private is the moving target right now."**

BRIAN BOWMAN, LAWYER

the social media posts of student athletes and discover ones that might be objectionable. The posts are then forwarded to the university's athletics department so that the school can take steps to protect its reputation.

While it might seem extreme to have your boss or coach poring over your

pub-crawl tweets or vacation photos, one expert says it's perfectly acceptable in the digital age.

"There's nothing wrong, in my view and in the view of the law, with an employer reviewing what people are up to on social media," said Metro Canada columnist Daniel Lublin, a Toronto employment lawyer with Whitten and Lublin who specializes in wrongful termination cases.

"There are many examples of ... people being fired because of the reputational risks that it poses for the company."

Lublin says anything posted online is considered public, and the only hurdle

is whether your online activity is bad enough to justify being disciplined or fired.

"Then you have a more contextual analysis. The context being, is there prior employment discipline, is this person a manager or in a position of trust or authority, is there a reasonable justification for what happened?"

But Bowman disagrees. He says courts are still working out what is considered private.

"A lot of cases hinge on this idea of a reasonable standard (of privacy)," Bowman said.

"We get calls from some employees and they've got a group of 10 friends and

perhaps one of their friends on Facebook shows their employer something. In most cases, we'd say, 'Yeah, you probably have a reasonable expectation of privacy.' In other cases, where you've got 1,000 friends ... and you're posting things that you really shouldn't be posting, it's a tougher argument to make."

Bowman says the best way for employers to avoid possible court battles is to be upfront about their monitoring and tell workers that they are being watched.

"Once they do that, then I think the onus is on the employee to make sure they're not posting inappropriate stuff."

"The problem is right now, in a lot of cases, people don't know what the ground rules are."

There have been few court rulings so far in the area of social media and labour law. The most high-profile case involved two workers at a car dealership near Vancouver who were fired after slagging off their bosses on Facebook.

The B.C. Labour Relations Board upheld the dismissals, which came after the workers accused their managers of being crooked and performing sexual acts together. In that case, the employer didn't even need to spy on the workers because one of the managers was a Facebook friend and saw the postings himself.

THE CANADIAN PRESS

Laws of the land

► Privacy laws in British Columbia, Alberta and other jurisdictions have set out, at least in very broad terms, what kind of personal information can be accessed by third-parties such as employers.

► Alberta's law, for example, requires companies to notify employees about any collection of private information. But it's not clear whether online social media posts would be considered private.

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MONDAY, AUGUST 22, 2011

A healthy tummy means a happy child

► Meredith Deasley has turned food into thought, teaching parents the fundamentals of feeding their families ► So what are you making for dinner?

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA



Her 18-month-old daughter was writhing on the floor in pain and Meredith Deasley was desperate to bring her some relief. "We're going to fix this. I don't know what it is but we're going to fix this."

Meredith read every book on nutrition she could find.

She learned about food sensitivities and eventually Meredith became a registered pediatric nutritionist.

Today her eldest daughter is healthy, her younger daughter is thriving and Deasley says she is determined to show other parents how they can heal their children by watching what they eat.

"There are so many children in the world that are suffering whose parents don't know that it's their digestive systems that need to be healed.



► Meredith Deasley encourages all parents to become knowledgeable about nutrition.

The biggest culprit for attention deficit disorder is chemicals. For autism, the culprits are dairy or glutens. Epilepsy is aspartame and heavy metals."

Deasley wrote The Resourceful Mother's Secret to Healthy Kids in 2002. Her research, teaching and methods have become a turning point not only for her family but others as well.

"I want parents to know they have the power to heal their children so that they have healthy lives."

Food facts

Symptoms of Food Sensitivities

- Colic and gas pain
- Diaper and Skin Rash
- Runny nose and congestion

- Diarrhea and Constipation
- Mood swings and hyperactivity
- Multiple ear infections
- Poor sleeping habits

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Stretch summer pay

The new school year is the perfect time to get a fresh start, but it can also be an expensive time of year for students leaving for university or college. As the summer winds to a close, realizing just how much money you'll need for tuition, books and living expenses can be a real eye-opener — but it is possible to stretch your summer income throughout the school year. Here are some tips:

Start tracking your spending now Most people have no idea how much money they spend in a month. Whether it's books or burgers, tracking your spending will help keep it in check so you don't run out of cash before final exams. Free personal financial management tools like Mint.com track your spending, help plan budgets, and alert you if you've spent too much in a particular category, such



► Hitting the books doesn't have to mean breaking the bank.

as entertainment.

Consider your expenses and look at alternative solutions If your budget is coming up short, start looking into some cost-saving options. For example, textbooks can be a huge expense, but if the course material hasn't changed from last year, buy used at half the price. Need furniture for your dorm room? Hit the garage sales or check online for deals on discounted or used items before heading to Ikea.

Fill your grocery cart with more, for less Start comparison-shopping by looking at flyers to find the best deals. Keep tabs on your grocery budget each week — and curb that expensive takeout in favour of a home-cooked meal. Mint.com users say they spend 40 per cent less eating out once they actually pay attention to what it costs.

Boost your bank account

If those summer dollars just can't cover it all, look into a part time job. There are lots of opportunities on campus if you check out the student services centre. Many colleges and universities also offer a wide variety of untapped scholarships and bursaries. Do some digging and determine if you're eligible — the additional cash in your account could help get you through to the end of the year.

NEWS CANADA



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Now here's something to smile about.



1.3 MILLION MORE ONTARIANS NOW HAVE A FAMILY DOCTOR.

Source: Ontario Medical Association, 2011.

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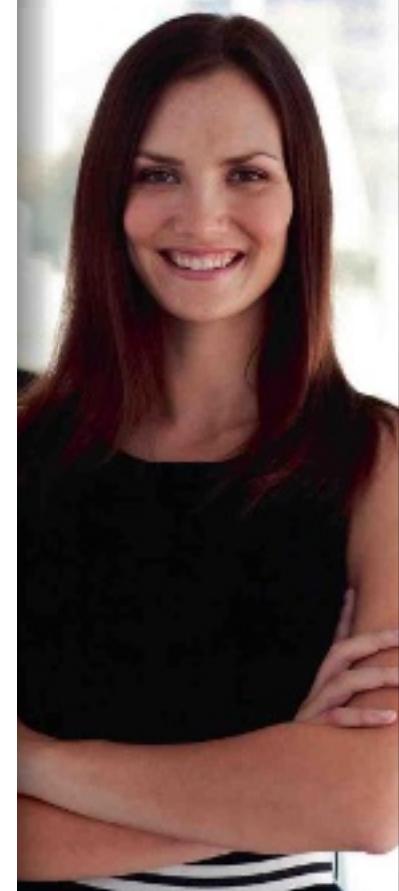
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sports

Quoted



"The good thing is there's a week, eight days to the start of the Open. I'm confident I can recover and be ready for the U.S. Open."

NOVAK DJOKOVIC, AFTER HE WAS FORCED TO RETIRE IN THE SECOND SET YESTERDAY AT THE WESTERN AND SOUTHERN OPEN BECAUSE OF A SORE RIGHT SHOULDER.



Scan code for more sports news.

Canadian paddles to 2 golds

► Vincent-Lapointe defends title over 200 metres ► Three golds for Canada at world championships

Canada's Laurence Vincent-Lapointe beat a strong field to win the women's C-1 200 metres yesterday, claiming her second gold medal at the world canoe and kayak championships.

The 19-year-old paddler from Trois-Rivières, Que., crossed in 48.876 seconds to defend her world title in the non-Olympic event. Maria Kazakova of Russia was second, while Staniliya Stamenova of Bulgaria won the bronze.

"I was caught off guard by the fast start by the field and that made me more nervous during the race," Vincent-Lapointe said. "My arms were really burning up as I approached the finish line. This was the strongest field I'd ever faced."

The Canadian's victory came a day after she and Mallorie Nicholson of Oakville, Ont., took gold in the C-2 500-metre final.

The win was Canada's third at the world championships. Adam van Koeverden of Oakville started things off with a victory in the men's K-1 1,000 on Friday.

Mark De Jonge of Halifax earned an Olympic quota spot for Canada with his sixth-place finish in the men's K-1 200 metres.

"It was a very satisfying race," said De Jonge. "I had known since May I was going to race this event at worlds so it was a long build-up practising every day with the objective to get the Olympic spot for Canada. It was a good feel-

"We're always communicating to each other in the boat but this time it was impossible. I couldn't hear myself think, the crowd was so into the race, it was really intimidating."

LAURENCE VINCENT-LAPOINTE, ON SATURDAY'S C-1 500-METRE FINAL

ing to deliver when it was time."

Piotr Siemionowski of Poland won the gold. Britain's Edward McKeever was second, while Germany's Ronald Rauhe was third.

Canada earned three Olympic quota spots at the world championships. The final opportunity to gain spots will be at the Pan American Games in October in Mexico.

"Certainly we had some athletes who were hoping for better results, but we had several boats which were very competitive," said Barney Wainwright, CanoeKayak Canada's high-performance director.

"We've learned a lot and now we have to turn around focus quickly to the Pan Am Games."

In other non-Olympic events, Mark Oldershaw of Burlington, Ont., was fifth in the C-1 5,000 while Van Koeverden was fifth in the K-1 5,000.

THE CANADIAN PRESS



► Laurence Vincent-Lapointe smiles after winning the women's C1 200 metres C1 final race yesterday at the Canoe Sprint World Championships in Szeged, Hungary.

Jays one-hit A's in rookie's pitching debut

Athletics 1-0 yesterday.

Bautista broke up a scoreless game with a deep drive into the left-field bleachers on the 10th pitch he saw from Guillermo Moscoso (6-7) leading off the seventh.

THE ASSOCIATED PRESS



► Luis Perez

POST-GAME SHOOTING

NFL fan still in hospital

Police interviewed witnesses and looked for suspects yesterday after two men were shot and wounded following a San Francisco 49ers-Oakland Raiders pre-season

game, while the NFL and the mayors of the two cities jointly called for an end to "intimidation" and acts of violence at sporting events.

A 24-year-old man, who reportedly was wearing a "F— the Niners" T-shirt, remained hospitalized in serious condition yesterday after being shot several times in the stomach.

THE ASSOCIATED PRESS

'You have not heard the last of me'

► Ex-Roughriders head coach Greg Marshall disappointed that he didn't get to finish the job

Eight games wasn't enough for Greg Marshall.

One day after being fired as the Saskatchewan Roughriders' head coach, Marshall said Saturday he was disappointed he wasn't given the chance to turn around a dismal start to the season.

"I thought that if there were some bumps along the way that time would be given to fix what needed to be fixed," he said.

Marshall's first head-coaching job ended on the heels of Thursday's 24-18 loss to the Toronto Argonauts, dropping Saskatchewan to a league-worst 1-7 record.

He was replaced by Ken Miller, who previously led the team to two straight Grey Cup appearances before becoming vice-president of football operations

in the off-season.

Marshall thanked the team's personnel and fans but made it clear he disagreed with his dismissal.

"I understand that in this business the powers that be have the right to make any of the decisions they choose, even if it means taking the easy way out and not the right way," he said.

Marshall's season started off with three straight losses before the team managed a 27-24 victory over Montreal in July.

That big win was the Riders' last, and Marshall said the decision to fire him and offensive co-ordinator Doug Berry wasn't a surprise.

"There were some things going on, a little bit of red flags. It wasn't a total shock."

He declined to say what the red flags were.

Marshall came to the Riders highly regarded as an assistant coach with 17 years of experience after spending nine seasons as a defensive lineman with the Ottawa Rough Riders.

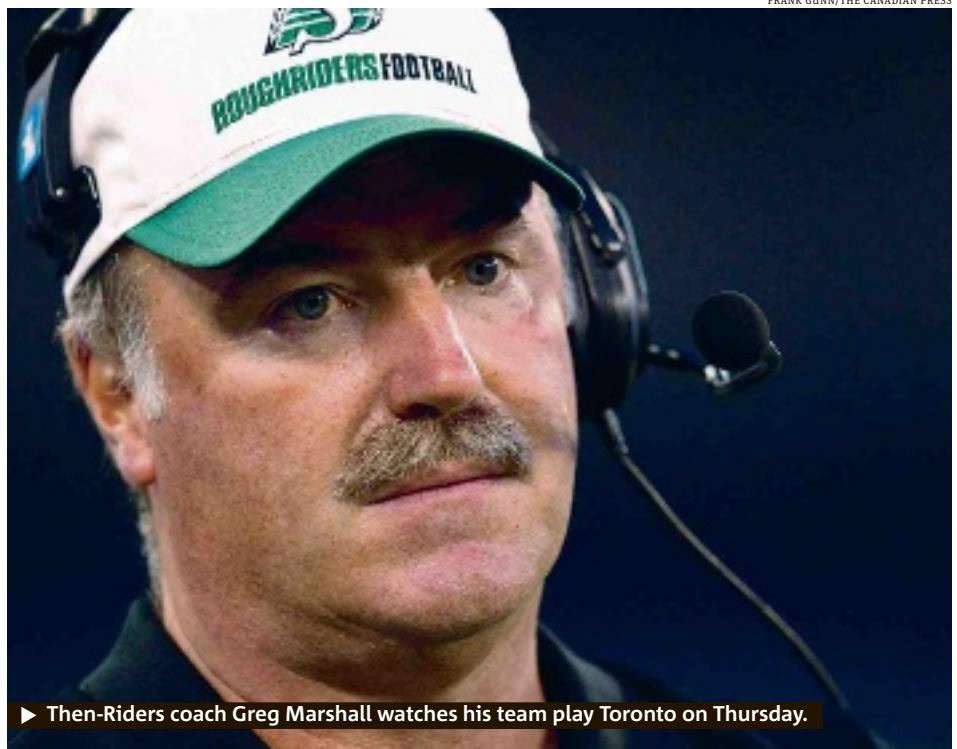
He was signed by Miller to a three-year deal with Saskatchewan even though he was reportedly not the first choice of general manager Brendan Taman.

But, under Marshall's watch, the Riders were plagued by turnovers, bad penalties and missed opportunities.

Marshall spent years applying for head coaching positions and said he hopes to lead a team again.

"You have not heard the last of me."

THE CANADIAN PRESS



► Then-Riders coach Greg Marshall watches his team play Toronto on Thursday.



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AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	77	48	.616	—
Boston	77	49	.611	½
Tampa Bay	69	56	.552	8
Toronto	65	62	.512	13
Baltimore	47	77	.379	29½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	68	58	.540	—
Cleveland	62	61	.504	4½
Chicago	63	63	.500	5
Minnesota	55	71	.437	13
Kansas City	52	76	.406	17

WEST DIVISION

	W	L	Pct	GB
Texas	73	55	.570	—
Los Angeles	69	59	.539	4
Oakland	57	70	.449	15½
Seattle	53	72	.424	18½

Last night's results

Detroit 8, Cleveland 7
Tampa Bay 8, Seattle 7
Boston 6, Kansas City 1
N.Y. Yankees 3, Minnesota 0
Chicago White Sox 10, Texas 0
L.A. Angels 7, Baltimore 1
Toronto 1, Oakland 0
Saturday's results
Detroit 10, Cleveland 1
Kansas City 9, Boston 4
Minnesota 9, N.Y. Yankees 4
Tampa Bay 8, Seattle 0
Chicago White Sox 3, Texas 2
L.A. Angels 9, Baltimore 8, 12 innings
Oakland 5, Toronto 1
Tonight's games
Seattle (Vargas 7-11) at Cleveland (Carmona 6-12), 7:05 p.m.
Detroit (Verlander 18-5) at Tampa Bay (Niemann 8-4), 7:10 p.m.
Boston (Bedard 4-8) at Texas (C.Wilson 12-5), 8:05 p.m.
Baltimore (Britton 6-9) at Minnesota (Pavano 6-9), 8:10 p.m.
Tomorrow's games
Seattle at Cleveland, 1:05 p.m., 1st game
Oakland at N.Y. Yankees, 7:05 p.m.
Seattle at Cleveland, 7:05 p.m., 2nd game
Kansas City at Toronto, 7:07 p.m.
Detroit at Tampa Bay, 7:10 p.m.
Boston at Texas, 8:05 p.m.
Baltimore at Minnesota, 8:10 p.m.
Chicago White Sox at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	81	44	.648	—
Atlanta	76	52	.594	6½
Washington	61	64	.488	20
New York	60	66	.476	21½
Florida	57	70	.449	25

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	76	52	.594	—
St. Louis	66	60	.524	9
Cincinnati	62	65	.488	13½
Pittsburgh	59	66	.472	15½
Chicago	56	70	.444	19
Houston	42	85	.331	33½

WEST DIVISION

	W	L	Pct	GB
Arizona	69	58	.543	—
San Francisco	68	60	.531	1½
Colorado	60	68	.469	9½
San Diego	59	70	.457	11
Los Angeles	57	69	.452	11½

Yesterday's results

Atlanta 1 Arizona 0
Cincinnati 5 Pittsburgh 4
Colorado 5 L.A. Dodgers 3
Milwaukee 6 N.Y. Mets 2
San Diego 4 Florida 3
San Francisco 6 Houston 4 (11 innings)
Washington 5 Philadelphia 4 (10 innings)
St. Louis at Chicago Cubs
Saturday Results
Atlanta 8 Arizona 1
Chicago Cubs 3 St. Louis 0
Colorado 7 L.A. Dodgers 6 (13 innings)
Houston 7 San Francisco 5
Milwaukee 11 N.Y. Mets 9
Philadelphia 5 Washington 0
Pittsburgh 5 Cincinnati 3
San Diego 14 Florida 1
Today's games
Milwaukee (Narveson 8-6) at Pittsburgh (Karstens 9-6), 5:05 p.m. (1st game)
Arizona (J.Saunders 8-10) at Washington (Detwiler 1-3), 7:05 p.m.
N.Y. Mets (Niese 11-10) at Philadelphia (C.Lee 13-7), 7:05 p.m.
Atlanta (Jurrjens 12-5) at Chicago Cubs (Dempster 10-8), 8:05 p.m.
L.A. Dodgers (Eovaldi 1-1) at St. Louis (C.Carpenter 8-8), 8:15 p.m.
Milwaukee (Greinke 12-4) at Pittsburgh (Lincoln 0-0), 8:35 p.m. (2nd game)
Houston (Myers 3-12) at Colorado (Chacin 9-10), 8:40 p.m.
Not including last night's game

BLUE JAYS 1, ATHLETICS 0

Toronto	ab	r	h	bi	Oakland	ab	r	h	bi
A.Hill 2b	4	0	1	0	JWeeks 2b	4	0	1	0
ETHms lf	4	0	0	0	Crisp cf	4	0	0	0
Bautist rf	3	1	2	1	Matsui dh	4	0	0	0
Encmc 1b	4	0	0	0	Wligh lf	3	0	0	0
Rasms cf	3	0	0	0	Allen 1b	2	0	0	0
Lawrie 3b	3	0	0	0	CJcksn rf	3	0	0	0
Teahen dh	3	0	0	0	Pnngtn ss	2	0	0	0
Arendic c	3	0	1	0	KSzuk c	3	0	0	0
JMcDnl ss	3	0	0	0	SSizmr 3b	1	0	0	0

Totals

Totals

27 0 1 0

000 000 100 1

000 000 000 0

DP-Toronto 1. LOB-Toronto 3, Oakland 3.

2B-Arencribia (14). 3B-Bautista (2). HR-

Bautista (36). CS-A.Hill (3).

IP H R ER BB SO ERA

Toronto

L.Perez W,3-2

6 1 0 0 2 4

Janssen S,2-3

3 0 0 0 1 5

Oakland

Moscoso L,6-7

8 3 1 1 1 7

De Los Santos

1 1 0 0 0 0

Umpires—Home, Todd Tichenor; First, Mike Estabrook; Second, Greg Gibson; Third, Gerry Davis.

T-2:30. A-16,811 (35,067).

BLUE JAYS STATISTICS

BATTERS AB R H HR RBI AVG

Lawrie 52 8 18 3 .10 .346

Bautista 393 90124 35 79 .316

Molina 129 17 39 2 11 .302

Escobar 450 68129 10 41 .287

Encarnacion 365 55103 12 39 .282

Thames 224 36 61 8 .27 .272

Lind 396 49104 22 72 .263

McDonald 165 19 42 2 20 .255

Davis 320 44 76 1 29 .238

Rasmus 82 11 19 3 12 .232

Hill 392 38 88 6 45 .224

McCoy 81 11 18 1 5 .222

Arencribia 344 38 73 19 57 .212

Teahen 130 12 25 4 12 .192

W L SV IP SO ERA

McCoy 0 0 0 1.0 0 0.00

Janssen 4 0 1 38.0 37 2.37

Romero 12 9 0 175.0 147 2.73

Perez 2 2 0 43.2 37 3.71

Francisco 1 4 10 37.2 40 4.06

Litsch 4 3 1 59.2 51 4.22

Cecil 4 6 0 91.1 64 4.24

Villanueva 6 3 0 97.2 63 4.24

Alvarez 0 1 0 16.2 10 4.32

Morrow 9 7 0 132.2 154 4.41

Rauch 5 4 11 50.1 35 4.47

Camp 1 2 1 53.3 26 4.56

Ledeza 0 0 0 3.0 5 9.00

Lewis 0 0 0 0.1 0 27.00

Not including last night's game

PITCHERS

McCoy 0 0 0 1.0 0 0.00

Janssen 4 0 1 38.0 37 2.37

Romero 12 9 0 175.0 147 2.73

Perez 2 2 0 43.2 37 3.71

Francisco 1 4 10 37.2 40 4.06

Litsch 4 3 1 59.2 51 4.22

Cecil 4 6 0 91.1 64 4.24

Villanueva 6 3 0 97.2 63 4.24

Alvarez 0 1 0 16.2 10 4.32

Morrow 9 7 0 132.2 154 4.41

Rauch 5 4 11 50.1 35 4.47

Camp 1 2 1 53.3 26 4.56

Ledeza 0 0 0 3.0 5 9.00

Lewis 0 0 0 0.1 0 27.00

Not including last night's game

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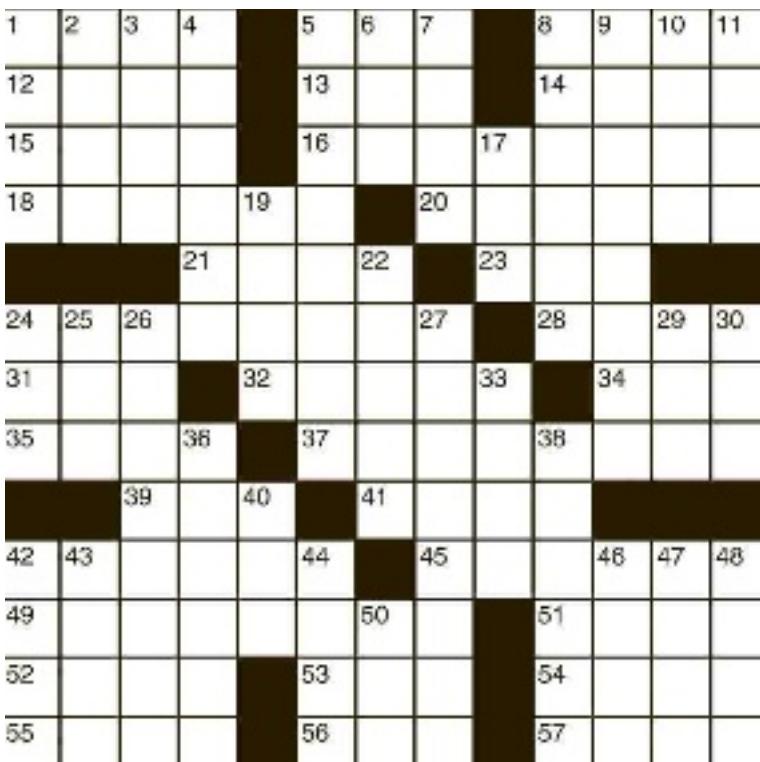
Crossword

Across

1 Reason to scratch
 5 Droop
 8 "Arrivederci, —"
 12 "Scat, gnat!"
 13 Oklahoma city
 14 Dutch cheese
 15 Admonition to
 Nanette
 16 Popular board
 game
 18 Cold, treeless ter-
 rain
 20 Folklore figures
 21 Part mine, part
 yours
 23 Consumed
 24 Obelisk, e.g.
 28 Use a swizzle stick
 31 Paid athlete
 32 Continental
 money
 34 Historic period
 35 Mannered man
 37 Pocket embroi-
 dery, maybe
 39 Scatter seeds
 41 Horseback game
 42 Headache aid
 45 Deodorant type
 49 Carbon —
 51 Queen of Carthage
 52 As well
 53 Regret
 54 Love child?
 55 Encounter
 56 — Angeles
 57 Quaint "not"

Down

1 — that cute?"
 2 Biblical pronoun
 3 Mass. neighbor
 4 Hex



5 Metal used in mag-
 nets
 6 Commotion
 7 Group of hoodlums
 8 Moves a fern,
 maybe
 9 Device measuring
 distance traveled
 10 Having XY chro-
 mosomes
 11 Poehler and
 Adams
 17 — shoestring
 19 Regulation
 22 Razor sharpener
 24 Gasoline stat

25 Raw rock
 26 Baloney
 27 Award winners
 29 A Gershwin
 30 Aries
 33 Unaccompanied
 36 Additionally
 38 — Gate Bridge
 40 Candle material
 42 Mosque VIP
 43 Composer Porter
 44 Young female
 46 Old Italian money
 47 Smell
 48 Inquisitive
 50 Pair on stage

► Yesterday's answer

**Sudoku**

2	6	1					4
			7	8		3	9
7	3						
		1		4			2
3						1	
7			5	3			
			8	7			
1	9		5	8			
6			3	9	5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	1	9	8	5	4	2	3	7
5	2	3	7	1	9	4	6	8
4	8	7	2	3	6	9	5	1
2	6	5	3	9	1	7	8	4
1	3	8	4	2	7	6	9	5
7	9	4	5	6	8	3	1	2
9	7	2	6	8	5	1	4	3
3	5	1	9	4	2	8	7	6
8	4	6	1	7	3	5	2	9

Today



21°/11°

Partly cloudy

Tuesday



22°/16°

Variable



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Today's horoscope

For today's crossword answers
 and for expanded horoscopes,
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like a great deal today won't look
 so good tomorrow.

↗ Sagittarius Nov. 23-Dec.

21 If you are a Sagittarius with big
 ambitions you could hardly ask for
 a better cosmic set-up.

↘ Capricorn Dec. 22-Jan. 20

Your confidence is on the rise
 ↗ Aquarius Jan. 21-Feb. 18

Make the most of the week to
 come because the Sun's change of
 signs will bring new openings and
 opportunities.

↗ Pisces Feb. 19-March 20

You could probably do with a rest. So
 have one. ● SALLY BROMPTON

morrow.

↖ Leo July 23-Aug. 23 Watch what
 you spend over the next 24 hours –
 you're going to need every last
 cent.

↖ Virgo Aug. 24-Sept. 22 The
 Sun moves into your birth sign to-
 morrow. Is that good news? Too
 right!

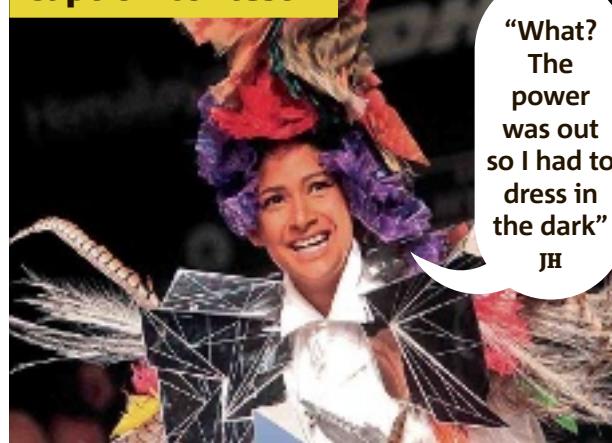
↖ Libra Sept. 23-Oct. 23 You
 seem rather unsure of yourself at
 the moment. Why is that?

↖ Scorpio Oct. 24-Nov. 22 Be-
 fore you commit yourself to some-
 thing new make sure you have a
 get-out clause, because what looks

most of the time your head rules your
 heart but today your feelings will
 be much more intense than usual.

↖ Gemini May 22-June 21 Most
 of the time your head rules your
 heart but today your feelings will
 be much more intense than usual.

↖ Cancer June 22-July 22 You
 will make more sense of your life
 when the Sun changes signs to-

Caption contest

"What?
 The power
 was out
 so I had to
 dress in
 the dark"
 JH



WIN!
 You
 write it!

Write a funny caption for the
 image above and send it to
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TICO

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 kiss, and read even more
 kisses, online at
metronews.ca/kiss.

*My Princess - Sweetie, how
 r you? Why r u mad at me?
 You know I love you n miss
 you crazy. Hopefully things
 are OK with you. How much
 I miss that lovely face, blue
 eyes n big smile of you, you
 have no clue! Take care
 pl...have lovely weekend.
 Sending you love, kiss, hugs
 n prayers. Sleep well, lots of
 rest pl. FROM MISSING MY
 HEARTBEAT*

*Alyssa B without saying
 anything. The way you hug
 me. The way your smile
 brightens the room. The
 way we have the most fun
 random times together. The
 way you say you miss me
 after not seeing me for only
 a couple of days. The way
 you let me hold your hand.
 The way you care so much
 about me. The way you
 dress. The way you sing in
 the car. Everything you do
 makes me fall for you. and I
 don't think you have a clue!
 FROM ERIC M*

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10 Gr. Caravan SXT

- Stow N Go, Load, A/C, Lthr, Auto
- st: 32552
- km: 55002

\$17,950
\$145***
Bi-weekly



07 Beetle Convert.

- Load, A/C, Lthr, Auto
- st: 32279
- km: 74238

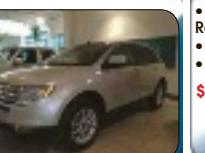
\$16,940
\$154***
Bi-weekly



07 Ford Edge

- AWD, Load, A/C, Lthr, Auto
- st: 29113
- km: 45255

\$20,680
\$181***
Bi-weekly



08 Ford Fusion SEL

- V6, Load, Roof, A/C, Auto
- st: 32558
- km: 108563

\$10,890
\$99***
Bi-weekly



07 Jeep Patriot Sport

- Load, A/C, Auto
- st: 31996
- km: 76411

\$10,860
\$99***
Bi-weekly



10 Corolla CE

- Load, A/C, Auto
- st: 32303
- km: 65154

\$14,450
\$117***
Bi-weekly



10 Nissan Sentra

- Load, A/C, Auto
- st: 32385
- km: 60529

\$13,750
\$111***
Bi-weekly



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FUEL SAVERS!**



07 Sienna CE

- Load, A/C, Auto
- st: 32328
- km: 92142

\$15,930
\$145***
Bi-weekly



08 Mazda3

- A/C
- st: 32667
- km: 81515

\$9,960
\$91***
Bi-weekly



08 Toyota Yaris

- Std
- st: 32499
- km: 51207

\$9,650
\$88***
Bi-weekly



07 Chevrolet Cobalt

- Auto
- st: 32487
- km: 64138

\$6,990
\$64***
Bi-weekly



09 Honda Fit

- A/C
- st: 32160-A
- km: 14203

\$13,950
\$113***
Bi-weekly



08 LandRover LR2 SE

- Load, A/C, Roof, Lthr, Auto
- st: 32460
- km: 87162

\$21,650
\$190***
Bi-weekly



11 Mazda2

- Load, A/C, Auto
- st: 32649
- km: 30

\$16,950
\$137***
Bi-weekly



07 Saturn Aura XE

- Load, A/C, Auto
- st: 31687
- km: 81620

\$9,660
\$88***
Bi-weekly



10 Honda Insight

- Hybrid, Load, A/C, Auto
- st: 31958-A
- km: 53737

\$18,800
\$152***
Bi-weekly



09 Kia Rio

- Load, A/C, Auto
- st: 32437
- km: 63588

\$9,820
\$79***
Bi-weekly



07 Volkswagen Rabbit

- Load, A/C, Auto
- st: 32523
- km: 71325

\$11,950
\$109***
Bi-weekly



08 Benz B200

- Load, A/C, Auto
- st: 32353
- km: 66500

\$17,880
\$163***
Bi-weekly



07 Sebring

- Load, A/C
- st: 31515
- km: 86262

\$9,680
\$88***
Bi-weekly



07 Accent GS

- Std
- st: 31708
- km: 94360

\$6,550
\$60***
Bi-weekly



07 Civic DX-G

- Load, A/C, Auto
- st: 3136-A
- km: 93331

\$11,350
\$103***
Bi-weekly



07 Nissan Versa S

- Load, A/C, Auto
- st: 32667
- km: 95990

\$8,960
\$82***
Bi-weekly



07 Matrix

- Std
- st: 31443
- km: 91796

\$7,950
\$72***
Bi-weekly



09 PT-Cruiser

- Load, A/C, Auto
- st: 32428
- km: 61199

\$8,950
\$72***
Bi-weekly



08 Ford Focus SE

- Load, A/C, Auto
- st: 31986
- km: 91981

\$8,970
\$82***
Bi-weekly



07 Elantra GL

- Auto
- st: 31589
- km: 96648

\$7,950
\$72***
Bi-weekly



07 Kia Spectra LX

- Load, A/C, Auto
- st: 11329-A
- km: 52231

\$8,350
\$76***
Bi-weekly



07 Pontiac G5

- Std
- st: 32485
- km: 41476

\$6,370
\$58***
Bi-weekly



10 Altima 2.5S

- Load, A/C, Auto
- st: 32443
- km: 75294

\$14,950
\$121***
Bi-weekly



08 Volvo C30

- Load, A/C, Auto
- st: 32561
- km: 77462

\$16,970
\$155***
Bi-weekly



08 Lexus IS 250

- AWD, Load, A/C, Roof, Lthr, Auto
- st: 29824
- km: 75146

\$28,840
\$253***
Bi-weekly



07 Equinox LT

- Load, A/C, Roof, Auto
- st: 32482
- km: 57348

\$13,640
\$124***
Bi-weekly



07 Acura TSX

- Load, A/C, Roof, Lthr, Auto
- st: 32300
- km: 80527

\$16,840
\$153***
Bi-weekly



09 Honda Odyssey

- Load, A/C, Auto
- st: 32693
- km: 49079

\$21,850
\$169***
Bi-weekly



08 Ford Escape XLT

- Load, A/C, Auto
- st: 32597
- km: 60987

\$14,460
\$132***
Bi-weekly



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